

Run It!

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Levi J. Hubbard (USA)
音樂: Run It! - Chris Brown



SCUFF & OUT, (RIGHT) QUICK BACK ROCK-RECOVER, SYNC. WEAVE (RIGHT), TOE TOUCHES

- 1 Scuff right forward
- &2 Step right out to side, step left out to side
- 3 Cross (rock) right behind left, slightly lifting left off floor
- &4 Step left back to floor (recover), step right slightly to side
- 5 Cross left behind right
- &6 Small step right out to side, cross left over right
- 7 Touch right toe out to side
- &8 Step right together, touching left toe out to side

CROSS OVER, UNWIND ½ TURN (RIGHT), CROSS & CROSS, QUICK ROCK-RECOVER, KICK & CROSS OVER

- 9 Cross left over right
- 10 Unwind on (balls of) both feet, ½ turn right (keeping weight on right)
- 11 Cross left over right
- &12 Small step right out to side, cross over right
- 13 Small (rock) right out to side, slightly lifting left off floor
- &14 Lower left back to floor (recover), while stepping right next to left
- 15 Kick left slightly forward
- &16 Step left together, while crossing right over left

Styling: snap your fingers on the crossovers if you like

SIDE STEP, HOLD, & STEP & SIDE TOUCH, HOLD, CROSS OVER, UNWIND ¾ TURN (RIGHT), COASTER STEP

- 17 Step left out to side
- 18 Hold (for 1 count) while snapping fingers
- &19 Step right next to left, while touching left toe out to side
- 20 Hold (for 1 count) while snapping fingers
- 21 Cross left over right
- 22 Unwind on (balls of) both feet, ¾ turn right (shifting weight to left)
- 23 Step right back on (ball of) foot
- &24 Step left together on (ball of) foot, step forward on right

Styling: on counts 17-20 slightly bend your knees like you are going into a squat

CROSS OVER, SIDE TOUCH, CROSS OVER, UNWIND ½ TURN (LEFT), COASTER CROSS, QUICK SIDE ROCK-RECOVER

- 25 Cross left over right
- 26 Touch right toe out to side
- 27 Cross right over left
- 28 Unwind ½ turn left (keeping weight on right)
- 29 Step back on (ball of) left foot
- &30 Step together on (ball of) right foot, step forward on left
- 31 Step (rock) right out to side, slightly lifting left off floor
- &32 Step left back to floor (recover), touch right next to left

REPEAT

